

E-MENTAL HEALTH HIGHLIGHT
JULY 31, 2023

**Online Program -
 Therapy Assistance Online**

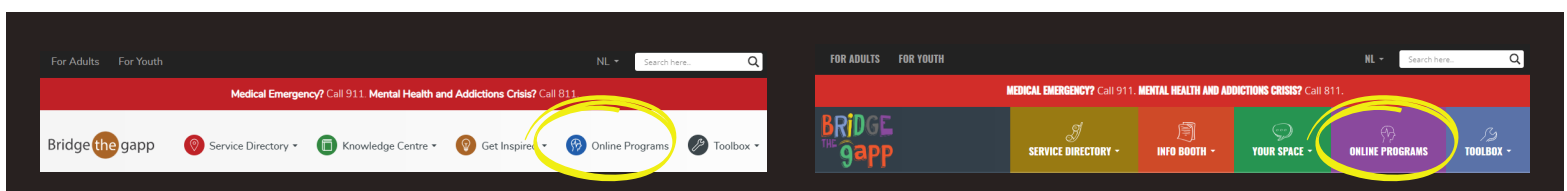


Bridge **the gapp**

www.nl.bridgethegapp.ca



The **Online Programs** tab on both the Adult and Youth pages of **Bridge the gapp** provide information about and access to free programs available to residents of Newfoundland and Labrador.



Therapy Assistance Online (TAO) is a digital platform of tools and educational materials that can help individuals understand and manage how they feel, think and act.

Learn new coping skills and strategies for key areas of your life, and bounce back from setbacks more quickly.



TAO is available:

As Self-Help

You can use TAO purely as a self-guided tool, consisting of educational and interactive modules, practice tools, journals and progress measures.

The self-help option allows you to move through the modules at your own pace.

Try TAO Self-Help today!

- Go to <https://ca.taoconnect.org/register> or scan the code with your device.
- Enter your information as requested.
- TAO will send a confirmation link to the email address you provide.
- Click on the link in the TAO email to confirm your account.
- Log in and explore the content available.

With a Counsellor

To use TAO with the support of a therapist, connect with a counsellor through Doorways. Visit Bridge the gapp for a listing of Doorways locations.

You and your therapist can combine online and mobile educational modules and practice tools with short phone conversations or video sessions. Your therapist will sign you up with a TAO account and customize a treatment plan that is right for you.



- How to scan:**
1. Open phone camera (some devices may require the download of a scanner app)
 2. Point camera at the QR code
 3. Wait for code to scan
 4. Open QR code content (pop up)

